



## Welcome to the High School Counseling Office Newsletter!

We are excited to introduce the *High School Counseling Office* Newsletter, a new way to keep students, families, and staff informed and connected throughout the school year. This monthly newsletter will provide important dates and timely information related to college and career counseling, including upcoming events, instant decision days, college visits, application timelines, and other valuable opportunities.

In addition, it will highlight mental health resources, wellness initiatives, and support services available to students and families, as well as information about our annual Clearinghouse Scholarship opportunities offered to North Plainfield High School seniors. Our goal is to provide clear, consistent communication that supports both students' academic planning and overall well-being.

Should you need assistance or have any questions, please refer to your assigned school counselor; counselor assignments and office locations can be found on the side of this newsletter.

Ms. Stephanie Scasso

Director of School Counseling

### 2026 High School Counselor Assignments

**Joelle Bruno**

9<sup>th</sup> -12<sup>th</sup> A-C

High School Counseling office

**Kathleen Mathews**

9<sup>th</sup> -12<sup>th</sup> D-K

High School Counseling office

**Caitlyn Crespo**

9<sup>th</sup> M-Q | 10<sup>th</sup> -12<sup>th</sup> L-P

High School Counseling office

**Michelle Fallucca**

9<sup>th</sup> R-Z | 10<sup>th</sup> -12<sup>th</sup> Q-Z

High School Counseling office

**Kaitlyn Gregory**

ML Counselor

9<sup>th</sup> -12<sup>th</sup> A-Z

High School Library

**Yolanda Cajas**

Student Assistance Coordinator  
High School Library

**Nancy Reyes**

College & Career Counselor  
High School Library



**SCAN ME!**

Scan the QR code to the Counseling Department page for important links and information



## Upcoming Dates

### February

2/10 -Somerset Superior Court Trip (Law Crime and Punishment Classes)

2/5- Clearinghouse Scholarships: Application Assistance Groups

**\*CLEARINGHOUSE SCHOLARSHIP DEADLINE 2/6 AT 11:59PM \***

2/25- Rutgers University - Young Engineers Day (Engineering/Computer science Classes)



# SENIORS Now Available...



**Clearinghouse Scholarship Application deadline is quickly approaching!**

**All applications MUST be submitted online no later than  
February 6, 2026, at Going Merry**

Explore the Scholarship Bulletin below for an overview of available scholarships. Identify those for which you qualify and submit your application accordingly.

**For assistance, please see Ms. Pena in the High School Counseling Office.**

[ENGLISH CLEARINGHOUSE SCHOLARSHIP  
BULLETIN: 2025-26](#)

[SPANISH CLEARINGHOUSE SCHOLARSHIP  
BULLETIN: 2025-26](#)



Scan the QR code to view the Clearinghouse Scholarships  
OR click the link below!

[LINK TO COUNSELING PAGE](#)



### Important AP Exam Date: March 6, 2026

AP exam payments are due by March 6, 2026. Students and families can view the full AP exam schedule on CollegeBoard here: [AP Exam Schedule](#). Please ensure payments are submitted by the deadline to secure your student's testing registration.

### 2026-2027 Course Scheduling

The counseling team is meeting with students individually to review course selections for next year. Course recommendations can be viewed in the Genesis Parent Portal under the Scheduling Tab. Placement criteria for College Prep, Honors, and AP courses are available in the [Program of Studies](#), and concerns can be submitted using the [NPHS Course Appeal Form](#) by March 13, 2026. Students are encouraged to review electives, consider alternates, and select courses that challenge them while supporting their interests and future goals. Contact your child's counselor with any questions.



### PSAT Scores Are In – Now What?

PSAT results are in, and our school counselors have visited classrooms to review scores with students, provide individual score reports, and share strategies for improvement. Students learned how to interpret their results and ways to strengthen their skills for future tests. For more information or questions about your student's PSAT performance, please contact your school counselor.





# May 1<sup>st</sup> 2026 College Decision Day



## Important Deadlines/Reminders



### **Reminder: Register for the SAT**

Below is the list of test dates and registration deadlines:

**March 14th (Registration Deadline: February 27th)**

**May 2nd (Registration Deadline: April 17th)**

**June 6th (Registration Deadline: May 22nd)**

Students that qualify for free/reduced lunch can receive a fee waiver for two tests.  
Contact your school counselor for a fee waiver code.

[REGISTER FOR THE SAT HERE](#)

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Please ensure payments are submitted by the deadline to secure your student's testing registration.

[AP EXAM SCHEDULE](#)

### **2026-2027 Course Scheduling**

Placement criteria for College Prep, Honors, and AP courses are available in the Program of Studies, and concerns can be submitted using the NPHS Course Appeal Form by **March 13, 2026**.

Students are encouraged to review electives, consider alternates, and select courses that challenge them while supporting their interests and future goals.

**Contact your child's counselor with any questions.**

[NPHS COURSE APPEAL FORM](#)

From the

# College & Career Counselor

## Highlights from Universal Technical Institute - 12/17

On December 17, 2025, students visited Universal Technical Institute (UTI) to explore hands-on training programs and learn about technical and skilled trade career pathways available after high school.



## NJ Seeds: College Scholars Program

8 Juniors were accepted into the NJ Seeds - College Scholars Program.

Congratulations to:

- Daniela Blanco-Rodriguez
- Jackelyn Aguilar Hernandez
- Mariam Khokhar
- Luis Lescano
- Kerlyn Pillacela Fernandez
- Saniaah Patrick
- Jaquelin Rodriguez



## Alumni Day 2026

On January 6th, we had 35 Alumni from the class of 2025 visit our seniors to share their college, trade school, military and apprenticeship experiences. Alumni also met with administration to discuss college readiness. Thank you to all the Alumni who participated.



From the

# College & Career Counselor

## Instant Decision Day:

Last December we hosted Instant decision days with Ramapo College, Kean University, Fairleigh Dickinson University, Caldwell University, Montclair State University, New Jersey Institute of Technology, Seton Hall University, New Jersey City University, and Georgian Court University where we received over 90 college acceptances.

### CONGRATULATIONS to our Kean University Instant decision students



## Accepted to Duke University Quest Bridge match



## FAQ:

### ★ What is an Instant Decision Day (IDD)?

College representatives meet one-on-one with seniors to review applications and provide same-day admission decisions, often including scholarship offers. Many North Plainfield High School students participate, benefiting from waived application fees and avoiding long admission wait times.

WHERE: North Plainfield High School Library- College/ Career Room

### ★ If I get accepted, do I have to attend that college?

No—Instant Decision is not binding. It is not the same as Early Decision. Students may compare admission offers and financial aid packages from multiple colleges, and acceptance does not require a commitment to attend the school.

### ★ How do I participate?

Complete the Google registration form below and select your school(s). You will receive your interview time closer to the IDD date. Be sure to review each college's requirements and inform your counselor and recommending teachers.



**SCAN ME!**

Scan the QR code to register for the next Instant Decision Days!

From the

*College & Career Counselor*

# Explore Your Future Path

## Upcoming Events:



## HBCU Fair

The Shiloh Baptist Church of Plainfield, NJ will be celebrating various aspects of Black Culture and Excellence in Observance of Black History Month.

On Sunday, February 8, 2026 from 11:00 AM - 2:00 PM, they will be hosting a College Fair featuring several Historically Black Colleges and Universities.

To learn more and register: [weareshiloh.org](http://weareshiloh.org)

[CLICK HERE TO LEARN MORE AND REGISTER FOR THE EVENT](http://weareshiloh.org)

## JOB FAIR at TD Bank Ballpark

**WHEN:** Saturday, February 7th from 9:00 AM - 12:00 PM

**WHERE:** TD Bank Ballpark (860 East Main Street Bridgewater, NJ 08807).

Interviews will be held on site during this time. Additional details regarding the process/FAQs, as well as an application for candidates to complete ahead of time, are attached.

Applicants must be 16 years of age or turn 16 prior to August 1, 2026.

[CLICK HERE FOR THE APPLICATION](#)

[CLICK HERE FOR THE FLYER](#)

# National College Fair

**Date:** March 4th, 2026, 9:00am-12:00

**Location:** NJ Convention and Expo Center, Edison, NJ

**Details:** Over 300 College representatives representing colleges/universities from the US and international will be present. See link below to register and to view participating colleges.

## Trip information:

- Juniors wanting to participate in this trip can print the attached permission slip or get a paper copy from the School Counseling Office or Mrs. Reyes' office.
- You will also need to register for the fair.
- Link to register for the fair and to see participating colleges: <https://www.nacacattend.org/26newjersey/players>

Permission slip deadline: February 23th

[CLICK HERE TO LEARN MORE AND REGISTER FOR THE EVENT](https://www.nacacattend.org/26newjersey/players)



## Regional College Fair & College Tour - Fairleigh Dickinson University

**Date:** March 31th, 2026, 9:00am-1:15pm

**Location:** Fairleigh Dickinson University (Madison/Florham Campus)

**Details:** College representatives will be present representing colleges/universities from NJ and surrounding states. After fair, we will participate in a tour of Fairleigh Dickinson University.

## Trip information:

- Juniors wanting to participate in this trip can print the attached permission slip or get a paper copy from the School Counseling Office or Mrs. Reyes' office.
- This trip includes a tour of Fairleigh Dickinson University (Madison Campus)
- Student participating in this trip need to bring a packed lunch. Packed lunch from our school cafeteria can be provided.

Permission slip deadline: March 16th

## Seton Hall University (Tour & College Admission presentation):

**Date:** April 16th, 2026, 10:30am-1:00pm

**Location:** Seton Hall University

**Details:** We will participate in a tour of Seton Hall University and Admission Information Session.

## Trip information:

- Permission slips will be released in March. Students that would like to receive a permission form for this trip, please complete the attached form.
- Student participating in this trip need to bring a packed lunch. Packed lunch from our school cafeteria can be provided.

[COMPLETE THIS FORM](#)

# Montclair State University (Tour & College Admission presentation):

Date: April 2026, 10:00am-12:30pm

Location: Montclair State University

Details: We will participate in a tour of Montclair University and Admission Information Session.

Trip information: Permission slips will be released in March.

Students that would like to receive a permission form for this trip, please complete the attached form.

[COMPLETE THIS FORM](#)

## TRADE PROGRAMS

### Vocational Employment Fair

When: March 3, 2026, 5-7pm,

Where: HS Gymnasium

Who: Everyone can attend

On Tuesday, March 3rd, we will be hosting a Vocational Employment Fair, this is a great opportunity to learn about trade/vocational programs, after HS graduation programs, on the job training, internships, job opportunities. This fair is open to all, students and community.

We have companies such as NJ transit, Aristacare, Campout, European Wax Center, Texas Roadhouse, RVCC & Middlesex Workforce Development Program, Summer Youth Employment Program, Fire & Police Department, Universal Technical Institute and more....

If you have any questions, contact Mrs. Reyes ([nancy\\_reyes@nplainfield.org](mailto:nancy_reyes@nplainfield.org)) Or Mrs. Porzio ([suzana\\_porzio@nplainfield.org](mailto:suzana_porzio@nplainfield.org)).



The poster for the Vocational Employment Fair features the NJ logo and the text 'Vocational Employment FAIR'. It includes the following details: 'Explore vocational, trade/career programs that offer workforce training and employment opportunities.', 'Career Exploration' in a circular graphic, 'Tuesday March 3, 2026', 'Time 5:00 PM - 7:00 PM', 'North Plainfield HS 34 Wilson Avenue North Plainfield, NJ Gymnasium', 'Trade/Career Schools Apprenticeships Career Training Job Shadowing', 'All are Welcome', and contact information for Nancy Reyes and Suzy Porzio.

### Robert Fiance Beauty School

Date: April 30th, 10am-12pm

Location: Robert Fiance Beauty School located in North Plainfield

Details: We will participate in a tour of Fiance Beauty School and Admission Information Session.

Trip information: Permission slips will be released in March. Students that would like to receive a permission form for this trip, please complete the attached form.

Link: <https://forms.gle/55u3ZqCBvvAXc4p48>

[COMPLETE THIS FORM](#)

# Construction Industry Career Day

**Date:** May 27th 2026

**Location:** NJ Convention and Expo Center

**Details:** Learn about various trades such as plumbing, electrician, carpentry, bricklaying, machine operation, metal work, HVAC & Refrigeration, elevator construction and more.

**Trip information:** Permission slips will be released in March. Students that would like to receive a permission form for this trip, please complete the attached form.

**Link:** <https://forms.gle/55u3ZqCBvvAXc4p48>

For more information about the Construction Industry Career Day Trip - contact Ms. Bruno ([joelle\\_bruno@nplainfield.org](mailto:joelle_bruno@nplainfield.org))

[COMPLETE THIS FORM](#)

## SUMMER PROGRAMS



**RUTGERS HEALTH SERVICE CORPS  
PHOENIX SUMMER PROGRAM**  
POPULATION HEALTH, OUTREACH AND EDUCATION FOR NEXT GENERATION IMPACT AND EXCELLENCE

The Rutgers Health Service Corps PHOENIX Program is a one-week immersive experience that introduces high school students to population health, various health-related careers, and community service.

**COMPONENTS**

- Participate in population health trainings & activities
- Attend daily sessions on key population health topics
- Receive career guidance & mentorship from health professionals
- Obtain a certificate of completion and a formal invitation to the Rutgers Health Service Corps

**LOCATION & TIME**

**August 10-14, 2026**  
9:00 am - 3:00 pm  
Rutgers Institute for Health  
112 Paterson Street,  
New Brunswick, NJ

**APPLY NOW** ↓



**REQUIREMENTS**

- NJ Resident
- Rising high school sophomore, junior, or senior
- Able to commit 30 hours over 5 days and attend in-person sessions in New Brunswick
- \$250 enrollment fee (financial assistance available)

For additional information or questions, please contact [rhsc@rbhs.rutgers.edu](mailto:rhsc@rbhs.rutgers.edu)

The Rutgers Health Service Corps (RHSC) is inviting your rising sophomore/junior and senior high school students, to apply for the

Population Health Outreach and Education for Next Generation Impact and Excellence (PHOENIX) Program.

This one-week summer program, which will be held in-person from 9 AM - 3 PM on August 10-14, 2026, at the Rutgers Institute for Health (112 Paterson Street, New Brunswick, NJ), aims to introduce high school students to the health professions, population health, community service, and RHSC. The Program concludes with participants receiving a certificate of completion and a formal invitation to join the Rutgers Health Service Corps.

See the attached flyer with your students, which provides more information about the Rutgers Health Service Corps (RHSC) and Summer Program, along with a QR code linking directly to our application.

**Application Deadline: March 11, 2026**  
Applicants will receive a response no later than: April 1, 2026

Please feel free to reach out to our team at [rhsc@rbhs.rutgers.edu](mailto:rhsc@rbhs.rutgers.edu) with any questions or concerns.

[CLICK HERE FOR THE APPLICATION](#)



**What is an Instant Decision Day (IDD)?** Instant Decision Day (IDD): College admission representatives meet one on one with seniors that would like to have their application reviewed and receive an admission decision that same day. Along with a decision of acceptance, students may also receive an offer of scholarship. Many North Plainfield High Schools have participated in IDD. It's a great way to avoid the long wait to receive an admission decision. Also, most of the participating colleges waive the application fee.

<b>Where :</b>	North Plainfield High School Library - College/Career Room
<b>If I get accepted, do I have to attend that college?</b>	<b>No.</b> The decision is <b>not</b> binding. Instant Decision is not Early Decision! You have the opportunity to compare and accept admission decision offers & financial aid packages from other colleges. Acceptance does not mean you have to attend the school.
<b>How do I participate?</b>	Complete the google registration linked below and select school(s). Close to the IDD date, you will receive your scheduled time for your interview. Remember to review IDD requirements and deadlines for each college. Also, inform your counselor and recommending teachers of your upcoming appointment.

**Colleges Participating in IDD Days:**

	Name of College	Date	Name of College	Date	
December 5, 2025	Fairleigh Dickinson University	December 9, 2025	Caldwell University	December 15, 2025	New Jersey City University
December 2, 2025	Ramapo College	December 9, 2025	Union College of Union County	December 16, 2025	Kean University - SUPERA
December 4, 2025	Kean University	December 11, 2025	Montclair State University	December 18, 2025	Georgian Court University
December 16, 2025	Seton Hall University	December 12, 2025	New Jersey Institute of Technology	December 22, 2025	Bloomfield College of Montclair
December 8, 2025	Stockton University	December 15, 2025	Berkeley College	January 7, 2026	Raritan Valley Community College (Trip)

Please check for updates on additional colleges added to list



# ATTENTION SENIORS



## Don't Miss Out on Money for College

Join Mrs. Reyes' Groups. To participate, sign up using QR below

- ➔ Financial Aid Application
- ➔ SRAR-STAR Application (Rutgers - Penn State Admission Applications)
- ➔ NPHS Clearinghouse Scholarships Application (opens December 11th)

SCAN ME

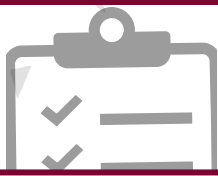
Financial Aid & SRAR(STAR) Applications



Clearinghouse Scholarship Group



[Financial Aid & Scholarship Search Engines](#)



# Explore Your Future Path (Checklist)



## Upcoming College Fairs:

- March 4th, 2026:** National College Fair (NJ Convention Ctr.) 11th Grade Students
- March 31st, 2026:** Regional College Fair (HSI Fair) 11th grade at Fairleigh Dickinson University (Includes college tour)

## Career Trips & Fairs:

- February 10<sup>th</sup>, 2026:** Somerset Superior Court Trip (Law Crime and Punishment Classes)
- March 3rd, 2026:** Vocational Employment Fair. From 5-7pm Gym Open to students and community

## Upcoming College Trips:

- February 2nd, 2026:** Rutgers University - Young Engineers Day (Engineering/Computer science Classes)
- April 16th, 2026:** Seton Hall University (11th grade) Tour and admin session
- March 9th, 2026:** College Readiness Now Trip (English 10 CP) at RVCC
- May 2026:** Montclair State University tour
- March 24th, 2026:** Roche Diagnostic Trip to Branchburg (AP Biology, Computer Science and Business classes)



# Mental Health & Wellness



## Human Trafficking Awareness

January is recognized as Human Trafficking Prevention Month, a time to raise awareness, support survivors, and promote prevention efforts. It was first designated in 2010 and aligns with January 11, the date the Trafficking Victims Protection Act (TVPA) was signed into law, reinforcing the nation’s ongoing commitment to ending human trafficking.

Regular school attendance is essential for student success. Truancy, or unexcused absences, can negatively impact academic progress and overall well-being. For more information and support, please [click the link to view the brochure.](#)

## Human Trafficking | Signs to Look For

**EXTREME WORKING OR LIVING CONDITIONS**  
Is not free to come and go as they please, unpaid or paid very little, is not allowed to take breaks, suffers under unusual restrictions at work, owes a large debt and is unable to pay it off, was recruited through false promises concerning the nature and conditions of their work

**LACK OF CONTROL**  
Has few or no personal possessions, is not in control of their own finances, financial records, or bank account, is not in control of their own identification documents, such as a license or passport, is not allowed or able to speak for themselves—a third party insists on being present and/or translating

**POOR PHYSICAL OR MENTAL HEALTH**  
Is fearful, anxious, depressed, submissive, tense, nervous, or paranoid, exhibits unusually fearful or anxious behavior after bringing up law enforcement, avoids eye contact, lacks knowledge of whereabouts and/or does not know they are located, lacks health care, appears malnourished, shows signs of physical and/or sexual abuse

Source: <https://www.safemj.org/learn-about-human-trafficking>

**RWJ Barnabas HEALTH** | **Institute for Prevention and Recovery** | **DART Prevention Coalition**  
Taking Aim at Substance Use in Ocean County

## Understanding Truancy

**WHAT IS Truancy?**  
Truancy refers to a pattern of unauthorized absences from school by a child.

- WHAT CAN LEAD TO TRUANCY?**
- School factors such as:
- Inadequate identification of or attention to special education needs
  - Unsafe school environments
- Family and community factors including:
- Negative peer influence
  - Family needs of the child
  - Child unable to or not comfortable leaving family members at home
- Individual difficulties such as:
- Poor academic performance
  - Lack of self-esteem
  - Lack of personal ambition

- WHAT ARE SOME OF THE POTENTIAL IMPACTS OF TRUANCY?**
- Educational Failure
  - Social Isolation
  - Substance Abuse
  - Low Self-Esteem
  - Teenage Pregnancy
  - Family Conflict
  - Family Court Involvement
  - Violence
  - Juvenile Delinquency
  - Unemployment
  - Adult Criminality and Incarceration

- EXAMPLES OF THE TYPES OF ASSISTANCE OFFERED BY FCIU-ICM:**
- In-home and in-community support as outlined in the FCIU Service Plan
  - Attendance and advocacy at school meetings
  - Identification and linkage to community resources. For example: YMCA, school athletic groups, after-school programs, and community programs
  - One-on-one individualized positive attention and adult interaction which contributes to improved social and academic confidence